

















March 2020 Activities

Nassau County Office for the Aging

Location: North Merrick Senior Center, 1260 Meadowbrook Rd., North Merrick NY 11566 (516) 571-8675 *This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging.* **Center Manager – Jeanne Ruvolo**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:00 Social Hour, Cards & Games 10:30 Fitness Fun with Victoria 12:00 Lunch & Announcements 12:45 Line Dancing with Linda 11:00-4:00 Canasta Card Game</p> 	<p>3</p> <p>10:00 Social Hour, Cards & Games 10:45 Wise Workout with Cindi 12:00 Lunch & Announcements 12:45 Balancing with Lisa</p> 	<p>4</p> <p>10:00 Social Hour, Cards & Games 11:00 Trip to Trader Joe's 12:00 Lunch & Announcements 1:00 BINGO</p> 	<p>5</p> <p>10:00 Social Hour, Cards & Games 11:00 Power Up with Breakfast-Cornell Cooperative 11:00 Shop Rite/ Walmart 12:00 Lunch & Announcements 1:00 Exercise with Darryl 12:00- 3:30 Mahjong Game</p>	<p>6</p> <p>10:00 Social Hour, Cards Games 10:30 Quilting with Victoria 12:00 Lunch & Announcements 1:00 Zumba with Marilyn</p>
<p>9</p> <p>10:00 Social Hour, Cards & Games 10:30 Fitness Fun with Victoria 12:00 Lunch & Announcements 12:45 Line Dancing with Linda 11:00-4:00 Canasta Card Game</p> 	<p>10</p> <p>10:00 Social Hour, Cards & Games 10:45 Wise Workout with Cindi 12:00 Lunch & Announcements 12:45 Tai Chi with Patricia</p> 	<p>11</p> <p>10:00 Social Hour, Cards & Games 11:00 Trip to CVS 12:00 Lunch & Announcements 12:45 Fitness Fun with Victoria</p> 	<p>12</p> <p>10:00 Social Hour, Cards & Games 11:00 Coloring Art 11:00 Trip to Target 12:00 Lunch & Announcements 1:00 Exercise with Darryl 12:00- 3:30 Mahjong Game</p> 	<p>13</p> <p>10:00 Social Hour, Cards Games 11:00 Breakfast & Supermarket Bingo 10:30 Quilting with Victoria 12:00 Lunch & Announcements 12:45 Nail Polishing 1:00 Zumba with Marilyn</p>
<p>16</p> <p>10:00 Social Hour, Cards & Games 10:30 Fitness Fun with Victoria 12:00 Lunch & Announcements 12:45 Line Dancing with Linda 11:00-4:00 Canasta Card Game</p> 	<p>17</p> <p>10:00 Social Hour, Cards & Games 10:00-12:00 St. Frances Outreach Bus 10:45 Wise Workout with Cindi 12:00 Lunch & Announcements 12:30 St. Patty's Day Party entertainment by Georgie Maselli</p> 	<p>18</p> <p>10:00 Social Hour, Cards & Games 10:30 "All Shook Up" Play Trip to Grand Ave Middle School 12:00 Lunch & Announcements 12:30 Movie & Popcorn "PLAY the GAME" starring Andy Griffith</p> 	<p>19</p> <p>SPEAKER 10:00 Social Hour, Cards & Games 11:00 PSEG Presentation - 12:00 Lunch & Announcements 1:00 Exercise with Darryl 12:00- 3:30 Mahjong Game</p>	<p>20</p> <p>10:00 Social Hour, Cards Games 11:00 Trip to Stew Leonards 10:30 Quilting with Victoria 12:00 Lunch & Announcements</p> 
<p>23</p> <p>10:00 Social Hour, Cards & Games 10:30 Fitness Fun with Victoria 12:00 Lunch & Announcements 12:45 Line Dancing with Linda 11:00-4:00 Canasta Card Game</p> 	<p>24</p> <p>10:00 Social Hour, Cards & Games 10:45 Wise Workout with Cindi 12:00 Lunch & Announcements 12:45 Balancing with Lisa</p> 	<p>25</p> <p>10:00 Social Hour, Cards & Games 11:00 Jewelry Making with Carmella 12:00 Lunch & Announcements 12:45 Fitness Fun with Victoria</p>	<p>26</p> <p>10:00 Social Hour, Cards & Games 11:00 Trip to Dollar Tree 12:00 Lunch & Announcements 1:00 Exercise with Darryl 12:00- 3:30 Mahjong Game</p>	<p>27</p> <p>10:00 Social Hour, Cards Games 10:30-12:30 Health Assessment 11:00 Shop Rite/ Walmart 10:30 Quilting with Victoria 12:00 Lunch & Announcements 12:45 Nail Polishing 1:00 Zumba with Marilyn</p>
<p>30</p> <p>10:00 Social Hour, Cards & Games 10:30 Fitness Fun with Victoria 12:00 Lunch & Announcements 12:45 Line Dancing with Linda 11:00-4:00 Canasta Card Game</p> 	<p>31</p> <p>10:00 Social Hour, Cards & Games 10:45 Wise Workout with Cindi 12:00 Lunch & Announcements 1:00 Exercise with Samantha</p> 		<p>NUTRITION MONTH</p> 